

### HISTORY MADE IN A SHORT EIGHT DAYS

#### HIGHLIGHTS THIS MONTH

##### CHANGE OF COMMAND

##### IMCMEX TRAINING

##### NEW CREW SWAP

##### TRAVEL TO

DUBAI, UAE

MANAMA, BAHRAIN

KUWAIT

##### MORALE BBQ

##### NEW QUALIFIED

##### MEMBERS IN:

ANTI TERRORISM FORCE  
PROTECTION

QUARTER MASTER OF  
THE WATCH

BOAT CREW MEMBER

ENGINEER OF THE  
WATCH

ADVANCEMENTS

LOOKOUTS

#### FAIR WINDS AND FOLLOWING SEAS

It has been an honor working with you, CWO2 Michael W. Sparks and FS2 Sean L. Richmond. Thanks for all your hard work and dedication to the success of CGC Adak. Best of luck to you and your new units.

By SN Frank Iannazzo-Simmons

This past month has been one for the history books. With several successful trips around the Arabian Gulf, a change of command and multiple exercises that help ADAK maintain an outstanding track record. As a fairly new crew working out our kinks, we participated in one of the largest exercises to date and held our own. With 41 nations participating in events such as group sail, tactical diversion formations, gunnery exercises, search and rescue exercises, refueling at sea, publication exercises, signaling and flag exercises, amongst other activities, it's easy to see we had a busy schedule.

One of the main highlights of this trip was a crew exchange with the mighty HMAS TOOWOOMBA, a frigate of the Royal Australian Navy. During the exchange we received six members of the TOOWOOMBA for six of our crew members. Getting a chance to interact with other nations and to see how their crew operates was an unforgettable experience. On a separate note they had cool beards and funny voices.

Following the exchange was a final group sail. As seen above, the formation consisted of the USS SAN ANTONIO, HMAS TOOWOOMBA, USS CHINOOK, USS FIREBOLT, UAE MUBARRAZ, IRQ ALBASRAH, UAE FAROOQ, CGC ADAK, and two hover crafts. Besides getting an up close look at vessels of different nations it was amazing to see that in a short eight day patrol both the summer and winter crew had become one. Putting in over 192 hours and traveling



over 1134 nautical miles, every aspect of the cutter was challenged.

The Engineering Department successfully maintained plant status for the length of our trip. Refueling three times receiving five thousand five hundred sixty-two gallons of fuel and replacing the ships sanitizer in record time. Operations Department received some electronics casualties, but worked hard and overcame all obstacles. From electronic chart systems to paper charts, creating and editing track lines on the fly, the Navigation Division had it's skills put to the test and came out victorious. Last but not least is the Deck Department.

The Deck Department maintained a clean and well presentable cutter that boosted our appearance to other nations. Through rough weather and choppy seas this group maintained a secure clean ship in conditions in which, other vessels had lost gear to the elements.

All in all we experienced training and events that many service members will not see in a single tour to Patrol Forces South West Asia. Each department put in its fair share of time and experience resulting in a safe return home. Bravo Zulu to each of you and thanks again for all your hard work.

## The Captain's Corner



Family, Friends and Shipmates, Greetings! I hope you enjoy ADAK's new monthly newsletter in which we will share pictures, stories and accomplishments of ADAK's crew in an effort to better communicate the ongoing saga of your loved ones' adventure in the Arabian Gulf. It will also provide an opportunity to speak directly to those back home that sacrifice so

much to support us in this mission and in our duty to our great nation.

On May 12<sup>th</sup>, I relieved LT Mike Maas as Commanding Officer of US Coast Guard Cutter ADAK. I am very fortunate to have taken command of a ship in such fine condition, with such strong traditions, and manned by such an extraordinary crew. I strongly believe in our mission here and know that ADAK's role amplifies the multi-national effort to stabilize the region. I am eager and excited to relieve the watch and I am deeply honored to serve as ADAK's Commanding Officer. I look forward to sharing the toils of the sea with your sons, daughter, husbands and fathers.

This last month has been a busy one on board ADAK with the completion of a fifty percent crew change over. Luckily, our more experienced shipmates helped us learn the ropes in time for an outstanding showing for ADAK at the 2013 International Mine Countermeasure Exercise. In the largest exercise of its kind in the region, 41 nations gathered to focus on international cooperation and conduct a wide spectrum of defensive operations designed to protect international commerce and trade including mine countermeasures, maritime security operations and maritime infrastructure protection.



Two of the more memorable events for ADAK were a formation photo with our coalition partners and a professional exchange at sea with Her Majesty's Australian Ship TOOWOOMBA from the Royal Australian Navy.

## A CHANGE OF PACE THAT WILL LEAVE YOU HURTING IN A GOOD WAY

***"WE'VE GOT THE TOOLS, GOT THE TALENT TO SUCCEED. "SN CHARLES KEMMLEIN (fitness promoter)"***

As most of you know CGC ADAK has begun a transformation. Yes we have new members, and yes the boat may start to have a new paint job here and there. However, there is a large population on board making a self transformation.

Members are becoming highly dedicated and truly motivated towards a healthier life style. Our fitness and well-being promoter SN Kemmlein has

commenced operation "Get Fit", a fitness plan based on cross fit W.O.D.'s. (workout of the day) and serious cardio. He says, "We got the tools, got the talent to succeed." Positive attitudes and improving physiques have been a product thus far due to the commitment of SN Kemmlein and many members of ADAK.

We highly encourage every member to come out and try a to get a workout in

daily. No experience is needed to join is just a positive attitude and plenty of water.

Also for those members who cant make the daily group, the W.O.D. will be posted outside of the XO's stateroom on the information board. If you still have any questions feel free to ask SN Kemmlein or SN Iannazzo-Simmons and they will be happy to help.





## Qualifications and Advancements

Life on a 110' patrol boat can be rough, tiresome, and just overall exhausting. Did I mention the qualifications? Our ADAK brethren have put in an extensive amount of time and work to become contributing qualified members.

### 01MAY13-01JUN13

**Mk3 Sanderson:** EOW qualified, ATPF qualified

**MK2 Kozak:** EOW qualified, ATPF qualified

**SN Guenther:** ATPF qualified, lookout qualified

**BM1 Thomas:** Advancing to E-7 / BMC

**BM3 Acker:** Advancing to E-5 / BM2

**GM2 Padula:** ATPF qualified, lookout qualified

**FN Murphy:** ATPF qualified

**SN Kemmlein:** Boat Crew Member qualified

**BM2 Hoffman:** QMOW qualified, lookout qualified

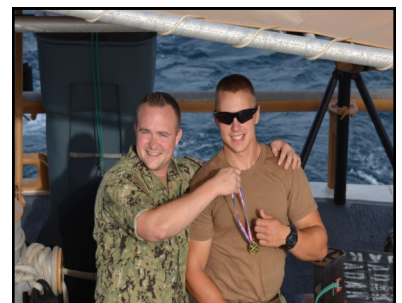
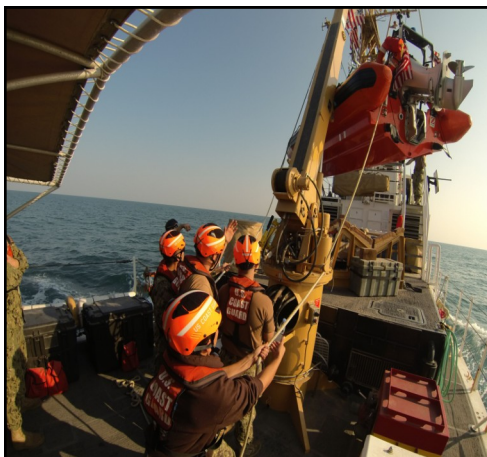
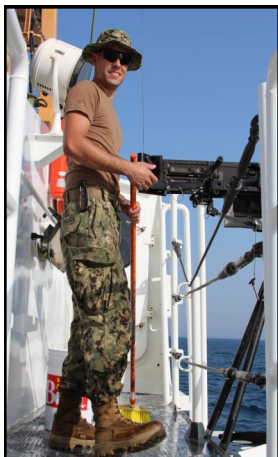
**FS2 Cronrath:** Advancing to E-6 / FS1

**ET2 Engelman:** ATPF qualified, QMOW qualified

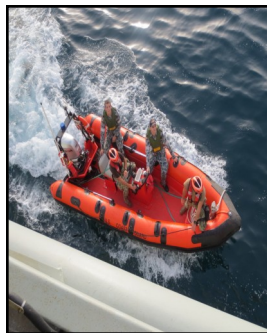
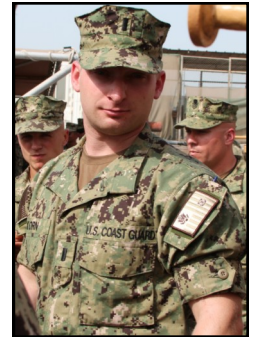
**BM1 Kimbrell:** ATPF qualified

Keep up the great work shipmates.

















Shipmates, friends, and family. This is the first of multiple issues of our monthly newsletter. Please bare with me and expect following newsletters to get more in depth and detailed. If there is anything you would like to see or hear about please let me know. I am open to any and all ideas. Again thank you and I hope you enjoy. Very Respectfully,  
SN Frank J. Iannazzo-Simmons

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